

WHEALTH

Health – Your Ultimate Wealth

EDITORIAL

Hello WHealth readers,
2021 emerged with lot many hopes, hopes of reducing risk of infection, hopes for normalizing life and lifestyles, hopes for care-free traveling, hopes for wellbeing of near and dear ones and most importantly hopes for fighting Covid-19 without fear and with confidence.

Health care professionals worldwide rose to the unrelenting challenges of pandemic with skill,

ingenuity, fortitude and compassion, and created tremendous strength to fight. They emerged from challenges ranging from physical, mental and spiritual wellbeing. The motivated researchers put in the best of their resources and efforts to navigate the road to Covid-19 free communities and spread health & health care.

The first Covid-19 vaccine in India was launched on January 16, 2021. Today

standing at the intersection, many of us are confused and scarcely informed about the right and accurate information about vaccines and awaiting valid & trustworthy information.

WHealth February attempts to share with you answers to your questions about Covid-19 vaccine.

Be assured. Get vaccinated. Enjoy life.



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TRENDING THIS MONTH



Covid-19 Vaccination How Kool?



The Good news of 2021 is **“Launch of vaccines in India”**



COVISHIELD
(Serum Institute of India)

- No. of Doses : **2**
- Min. Age : **18**
- Gap Between Doses : **4-6 weeks**



COVAXIN
(Bharat Biotech)

- Who will be vaccinated in Phase 1?**
 - Frontline workers and healthcare workers led by Government of India
 - High-risk population : Above 50 years of age and below 50 years with associated comorbidities
 - The remaining population based on the disease epidemiology and vaccine availability.
- Expected Start of Private Availability:**
Tentatively 3 months (Mid-March to Mid-April)
- Expected Cost per Dose:**
 - MRP/Capped Rates by Govt. + inoculation charges
- Estimated Inoculation Charges:**
 - Onsite: INR 300 – INR 500 per dose (as per current cap set by govt.)
 - Home inoculation: Rates may vary (discounts can be looked at for multiple dependents in same address)
- Is Vaccination compulsory?**
Vaccination for COVID-19 is voluntary. However, it is advisable to receive the complete schedule of COVID-19 vaccine for protecting one-self against this disease and also to limit the spread of this disease to the close contacts including family members, friends, relatives and co-workers.
- Will the vaccine be safe as it is being tested and introduced in a short span of time?**
Vaccines have been introduced in the country only after approval of the regulatory bodies on its safety and efficacy.
- Is vaccine recommended for Covid-recovered person too?**
Yes, because it will help the person by developing a strong immune response against the disease and avoid re-infection.
- Given an option, which vaccine is better?**
The safety and efficacy data from clinical trials of vaccine candidates are examined by the Drug regulator of our country before granting the license for the same. Hence, all the COVID-19 vaccines that receive license will have comparable safety and efficacy. However, **it must be ensured that the entire schedule of vaccination is completed by only one type of vaccine as different COVID-19 vaccines are not interchangeable.**
- Will the COVID-19 vaccines introduced in India be as effective as any vaccine developed by other countries?**
100%. Various phases of vaccine trials are undertaken to ensure its safety and efficacy.
- If one is taking medicines for illnesses like Cancer, Diabetes, Hypertension etc., can s/he take the COVID-19 vaccine?**
Yes. Infact they are high-risk patients and need to get COVID-19 vaccination to avoid complications.

- What about the possible side-effects from COVID-19 vaccine?**
COVID vaccines are introduced only when the safety is proven. As is true for other vaccines, the common side effects in some individuals could be mild fever, pain, etc. at the site of injection.
- Does India have the capacity to store the COVID vaccine at temperature of +2 to +8 degree Celsius and transport them at required temperature?**
India runs one of the largest Immunization programme in the world, catering to the vaccination needs of more than 26 million new-borns and 29 million pregnant women. The programme mechanisms are being strengthened/geared up to effectively cater to the country's large and diverse population.
- How can one register for the vaccination?**
The vaccination is available only on registration with Health Department. While registering one needs to show photo-id like Aadhar card, PAN card, Driving License etc. Same photo-id will have to be carried & will be verified during vaccination.
After registration, the person will be informed about date, time and venue of vaccination by sms on their registered mobile number.
After all doses of vaccine are administered, a QR code based certificate will also be sent to the registered mobile number of the beneficiary.
- Are there any preventive measures and precautions that one needs to follow at the session site?**
It is advisable to take rest at the vaccination centre for at least half an hour after taking the COVID-19 vaccine. Inform the nearest health authorities in case one feels any discomfort or uneasiness subsequently.
- What is CoWin?**
The COVID Vaccine Intelligence Network (Co-WIN) system, a **digitalized platform built to track the enlisted beneficiaries** for vaccination and COVID-19 vaccines on a real-time basis.
- Do we have to follow instructions like social distancing even after vaccination?**
It is highly recommended to continue following key COVID appropriate behaviours like wearing of mask, maintaining hand sanitization and physical distance (or 6 feet or Do Gaj).

Compiled from:
https://www.mohfw.gov.in/covid_vaccination/vaccination/index.html
<https://vaccine.icmr.org.in/covid-19-virus>

HEALTH@HOME

Focus Cancer

Globally, about 1 in 6 deaths is due to cancer

Approximately 70% of deaths from cancer occur in low and middle-income countries

Around one third of deaths from cancer are due to the 5 leading behavioural and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol use

Cancer is tough and deadly. Some causes of cancer like ageing, family history, and genetic make-up cannot be prevented. Some like tobacco and alcohol are avoidable. But it is an alarming fact that millions of people unknowingly are consuming harmful foods every day that has high potential of causing cancer. Since 'knowing' it is the first step towards 'preventing' it, let's list down foods that may lead to cancer.

Avoid Food	Harmful ingredient	Health spoiler effect besides cancer risk
▶ Soft drinks	Loaded with Sugar, Artificial colours, Chemicals	Weight gain, inflammation, and insulin resistance, Gastro-esophageal reflux disease, Stroke, Cancer
▶ Potato chips	High calorie, High fat, Trans-fats, artificial preservatives & dyes	Weight gain, High Blood Pressure, Cancer
▶ Processed Meats	The chemicals, high salt content and preservatives (including sodium nitrates)	Carcinogenic
▶ Canned Tomatoes	Acidic pH that helps leeching of BPA from can lining.	BPA as it has been shown to alter brain chemistry
▶ Microwave Popcorn	Perfluorooctanoic acid (or PFOA which is a toxin is more commonly known to exist in Teflon, fat loaded soyabean oil contains diacetyl)	Increase the risk of liver, bladder, kidney, and testicular cancer & may cause infertility in women, lung diseases
▶ Hydrogenated Oils	High in deadly trans fats	-
▶ French Fries	Trans fats and salt, Acrylamide	Increased risk of high blood pressure, obesity, and other numerous diseases.
▶ Farm Raised Fish	Antibiotics, pesticides, flame retardants and pesticides	30% increase in breast cancer rates
▶ Alcohol	-	2 nd leading cause of cancer after tobacco
▶ Artificial Sweetener	Break down into DKP, that is deadly toxin associated with brain tumours	Weight gain, brain tumour
▶ Refined Sugars	Fructose, that can be utilised easily by cancer cells	Spikes insurance level, supports growth of cancer cells
▶ Smoked Meat	Deposited tar (is also harmful component of tobacco)	Carcinogens overloaded
▶ Pickled Foods	Acidic pH, High salt content	Gastric cancer (Found 50% higher risk in pickle eating population)
▶ "Diet" Foods	Artificial sweeteners, artificial colours and are loaded with chemicals	Loaded with carcinogens, Increases sugar level
▶ Refined White Flour	'Bleached flour' with traces of chemicals	Disturbs sugar levels, increases insulin production, risk of cancer

Based on an article published on <https://www.centrawealth.com.au>

WHEEL OF WELLNESS

Care for your child's dental health starts much before their birth.

Surprised?



Pre-birth care

A pregnant lady may be more prone to gum disease and cavities, which can affect the baby's dental health.

2015 Study in British Journal of Medicine & Medical Research found:

"Children born to diabetic mothers are more likely to have affected teeth than children from healthy mothers"

During pregnancy



Visit your dentist before delivery



Brush twice a day



Floss daily

Dental care for your baby

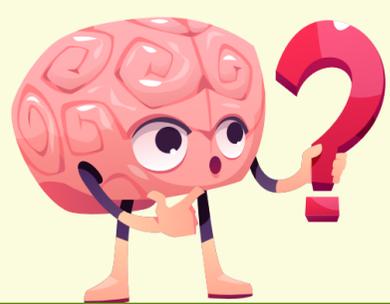
- Wipe gums a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities
- When teeth come in, start brushing twice a day with a soft, small bristled toothbrush and plain water
- Visit the dentist by your baby's first birthday to spot signs of problems early
- Preferably use fluoride toothpaste for baby after first tooth appears
- Wean pacifier use no later than 2 years of age

Develop 7 'Dental care' habits in children

- Insist on Brushing 2 times for 2 minutes daily
- Demonstrate & train for brushing & flossing
- No sharing of spoons and utensils to avoid infections
- Regular dental check up – twice a year
- Prefer use of Fluoride toothpaste
- Follow healthy nutritional diet
- Cleanse mouth after sugary, high calorie food

Adapted from CDC

FUN THERAPY



Brain exercise

Brain teasers are always fun. And more importantly, they boost brain activity and keeps 'dementia' at a bay.

Let's do some quick thinking and solve these quizzes.

1 A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

2 What five-letter word becomes shorter when you add two letters to it?

3 I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.

Please find answers hidden in the newsletter



THE HEALTHY INDIAN THALI



PUNJABI THALI

Punjab, the land of rivers, has been traditionally a cultural hub. The fertile soil, vast agricultural lands, and most interestingly larger than life people. The fun-loving, hard-working people always treat food as their first love. Punjabis, parties and parlance diction are the favourites of Bollywood. Punjabis and food has very close association.

The largest produce of Punjab is wheat followed by rice, cotton, sugarcane, pearl millet, maize, barley and fruits etc. All these things add variety to the diet of Punjab. Milk production in Punjab is also high, making milk, paneer, buttermilk and lassi a part of their staple diet.

Punjab faces extreme weather conditions, hot in some months and very cool winters. To face such temperatures, ghee is one of the major ingredients of most food items.

Famous for its rich, buttery flavours along with the extensive vegetarian and meat dishes, the Punjabi thali comprises of sarson ka saag, makke ki roti, tandoori roti peeli dal, rice and various meat dishes.



Some of the famous dishes also include:

- **Amritsari Kulcha**, a local variation of the famous naan. Known for its spicy taste and crispy texture, the dish is available in numerous variants like Aloo Kulcha, Masala Kulcha, Paneer Kulcha etc. It is generally eaten with chhole/chana and a glass of lassi.
- **Sarson ka Saag** and Makkai di Roti, is a wholesome meal and generally consumed along with white butter or ghee, and jaggery. This provides the body with all the essential nutrients that it requires during the winters.
- **Lassi** comes in 2 versions sweet and salty, but most famous and loved is sweet lassi that is served in huge glasses and topped with cream or white butter to make it rich.
- **Chhole-Bhature**, a wholesome meal in itself has a typical spicy taste that lingers on tongue.
- **Tandoori** dishes, with vegetables, paneer or non-vegetarian components and served with pudina chutney is a favourite, particularly during winter evenings when time is spent in front of tandoor with family and friends.
- **Gobhi-Shalgam-Gajar Pickle** is tangy, sweet and spicy at the same time. It is usually prepared in the winter season, and eaten with the buttery food of Punjab.
- **Pinni** - Another winter favourite dish, Pinni are ladoos made with desi ghee, wheat flour, jaggery and almonds. These ingredients give a lot of heat and energy to the body.
- **Dal makhani** - This dal tastes very different from dals made at other places in India. Made with Whole Black Lentils, red kidney beans, butter and cream it has always amazed

Answers to Fun therapy : 1) His son 2) Short 3) Letter s

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CIN: U66010MH2002PTC138193 License Number: 133 (17 Mar 2018 to 16 Mar 2021)
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